

*Complete Natural Wellness can be Yours!*

## Botanical Blessings

Carol Lavoie

Young Living Essential Oils Distributor

"Matter is the most Spiritual in the Perfume  
of the Plant.." Rudolph Steiner

History's most advanced ancient civilizations, the Egyptians, Greeks, Romans, and Chinese, all relied on nature's essential oils to increase and maintain health of the body, mind, and spirit.

Used aromatically, applied topically, or taken internally, Young Living's essential oils can help you create and support your total well being to calm, energize, balance, purify, and rejuvenate you.

These 100% pure therapeutic grade essential oils come from organically grown plants and are distilled without chemicals or synthetic additives to maintain plant integrity and have many uses.

\* Colds & Flu \* Wounds \* PMS \* ADD/ADHD \* Blood Pressure  
\* Allergies \* Arthritis \* Asthma \* Pain management \* Skin Care  
\* Infections \* Migraines \* Blood Sugar \* Depression \* Emotional  
Trauma \* Digestion \* Body Care \* Oral Care \* CFS \* Pets  
\* Home and Workplace Environmental Cleaning \* Spiritual Development

For more information or to order sign up at my website:

<http://www.youngliving.us>

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Distributor # 732612

860 232 6521

## USES FOR YOUNG LIVING LAVENDAR Essential Oil

Free Sign up with Carol and begin a new life of Health and Harmony!  
YL Distributor Carol Lavoie, # 732612

**LAVENDER** - (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing, both physically and emotionally. **THIS PLANT IS ORGANICALLY GROWN AND DISTILLED AT THE YOUNG LIVING FARMS.**

1. Rub Lavender oil on the feet for a calming effect on the body.
2. Rub a drop of Lavender oil on your palms or on your pillow to help you sleep.
3. A drop of Lavender oil on a sting or insect bite will stop itching and reduce swelling.
4. Put 2-3 drops of Lavender oil on a minor burn to ease discomfort.
5. Drop the oil on a cut to stop the bleeding and clean it. (*do not wet the cut first*)
6. Mix several drops of Lavender oil with vegetable oil for topical use for eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop of Lavender oil on the end of the tongue or around the naval or behind the ears.
8. To stop a nosebleed, put a drop of Lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
9. Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts.
10. Rub Lavender oil on dry or chapped skin or sunburned lips.
11. To reduce or minimize the formation of scar tissue, massage Lavender oil on and around the affected area.
12. Rub 2 - 4 drops of Lavender oil over the armpit area to act as a deodorant.
13. Rub a drop of Lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
14. Rub several drops of Lavender oil into the scalp to help eliminate dandruff.
15. Place a few drops of Lavender oil on a cotton ball. Place in your linen closet or drawers to repel moths and insects.
16. Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
17. Place a few drops of Lavender oil on a wet cloth and throw into the dryer, which will deodorize and freshen your laundry.
18. Put a drop of Lavender oil on a cold sore and diffuse to alleviate allergies.
20. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to ease discomfort.

**I AM SO BLESSED TO HAVE FOUND THESE TRULY AMAZING OILS AND AM GLAD TO ASSIST YOU. PLEASE DO NOT HESITATE TO CONTACT ME.**

**BLESSINGS TO YOU, CAROL**

[www.youngliving.us](http://www.youngliving.us)

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